



Spare the Air ADVISORY

September 18, 2002
For Immediate Release

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Tomorrow is a *Spare the Air* Day

High pressure, escalating temperatures, and low winds are resulting in conditions that contribute to the production of ground level ozone--the main ingredient in smog—and that means unhealthy air quality in the Bay Area is forecast for tomorrow, **Thursday, September 19, 2002--the 7th Spare the Air Advisory of the year. Air quality standards have been exceeded on 7 days this year.**

- Ground level ozone at concentrations over health-based air quality standards impacts those with respiratory and heart conditions as well as the young and elderly.
- Ground level ozone is formed when volatile organic compounds (VOCs) combine with oxides of nitrogen (NOX) in the presence of heat and sunlight. These smog-forming gases are emitted from tailpipes, evaporating gasoline, paints and household products.

Precautions

- **Vigorous outdoor exercise should be limited to the early morning hours or around sunset when ozone levels decrease.**

How you can help

- **Plan a clean air commute tomorrow - take public transit or carpool – call 818-1717 for transit information.**
- **Take a lunch to work so you don't need to make another car trip.**
- **Link trips for errands – a warm engine is less polluting than one just started cold.**
- **Refuel after 6 p.m. – gasoline vapors will not contribute to smog formation at this time.**
- **Postpone using gasoline-powered lawn and garden equipment which can contribute about 13 tons of smog-forming emissions per day.**
- **Conserve electricity – set the air conditioner to higher temperature.**

In addition, individuals can also affect their contribution to green house gas emissions—about 15,000 pounds per individual per year—by the choices made for personal transportation, electricity used and the waste produced in our homes.

For background and air quality information visit the website: www.sparetheair.org

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